KEEP MOVING

Open to All employees & spouses

- Doesn't matter if use a facility in town, your own, or the Staywell Equipment.
- Perform 1000 minutes of exercise and get a gift card.
- If 500 of those are in the Staywell Center or IPSC outlying areas (RSC, CS, Labs, Control rooms) receive a bonus gift card.
- Don't count more than 60 minutes per day.
- You may do this initiative or the Prove-It Initiative, but not both (can earn bonus card).

Name: _____

Record minutes each day exercise.

KEEP MOVING

- Open to All employees & spouses
- Doesn't matter if use a facility in town, your own, or the Staywell Equipment.
- Perform 1000 minutes of exercise and get a gift card.
- If 500 of those are in the Staywell Center or IPSC outlying areas (RSC, CS, Labs, Control rooms) receive a bonus gift card.
- Don't count more than 60 minutes per day.
- You may do this initiative or the Prove-It Initiative, but not both (can earn bonus card).

Name: _____

Record minutes each day exercise.